

FOREST CITY
REGIONAL
SCHOOL
DISTRICT

WELLNESS PLAN

SCHOOL YEAR
2023-2024
Revised

Pennsylvania Department of Education,
Division of Food and Nutrition.
Revised July 2008

**Source of
Competitive
Food**

**A la Carte-
Food/Snacks**

*Foods offered through the National School Lunch or School Breakfast Programs may qualify towards meeting this requirement if the item is also offered for sale as an a la carte item.

Implemented by 2023-2024 School Year

Foods of Minimal Nutritional Value (USDA regulation 7 CFR 210 and 220) will not be available anytime during the school day.

No on-site deep fat fried foods will be sold a la carte, even if they are reimbursable meal components. This does not include stir-fried or sautéed foods. Pre-fried and flash-fried food will not be offered a la carte more than three times per week.

The following standards apply whenever a la carte foods are offered for sale:

- A minimum of 3 fruits and 3 vegetables will be offered daily (at least 1 of each being fresh/raw). A variety of fruits and vegetables will be offered from day to day.*
- At least 50% of grains offered will be whole grain.*

These additional standards apply to foods offered a la carte that are not reimbursable meal components:

- Items will be packaged in single serving sizes
- Items will provide < 250 calories per serving
- A minimum of 75% of items available will:
 - Contain < 35% of calories from total fat (excluding nuts, seeds, nut butters, and reduced fat cheeses).
 - Contain <10% of calories from saturated fat (excluding reduced fat cheeses).
 - Contain <35% sugar by weight (excluding naturally occurring sugars and low fat yogurts).
 - Not contain sugar as the first ingredient.
 - Provide minimal to no trans fatty acids.

Marketing, pricing and nutrition education strategies will be used to encourage the selection of foods meeting these standards and combinations that result in a reimbursable meal.

**Source of
Competitive
Food**

**A La Carte
Beverages**

***75%
beverages can
refer to 75%
choices (each
flavor is a
choice) or 75%
sleeves or
shelves.

Implemented by 2023-2024 School Year

At least 75% Beverages must be***:

- Plain water (any size)
- Flavored water with no sugars or artificial sweeteners (any size)
- Flavored water with artificial sweeteners (17 oz. or less size; middle/high only). Artificially sweetened water may not make up more than 25% of water and juice selections.
- 100% fruit and/or vegetable juice (8 oz. or less size for elementary; 12 oz. or less size for middle/high)
- Carbonated beverages with 70 -100% pure juice with no added ingredients except water (Must be exempted by USDA from being a Food of Minimal Nutritional Value (FMNV))
- Milk (flavored or unflavored). At least 75% of milk offered must be***:
 - 2% fat or less
 - 8 oz. or less size for elementary;
 - 12 oz. or less size for middle/high
 - No more than 30 grams sugar per 8 oz. (As written on the Nutrition Facts Panel of the label)
 - No artificial sweeteners

Marketing, pricing, and nutrition education strategies will be used to encourage the selection of the beverages listed above.

The other 25% or less beverages cannot exceed:

- 150 calories per package
- 35 grams sugar per package

No carbonated beverages unless exempted by USDA from being a FMNV.

**Source of
Competitive
Food**

**Vending-
Food/Snacks**

Implemented by 2023-2024 School Year

The following standards apply to all foods offered through vending machines.

- Packages will be in single serving sizes.
- Foods of Minimal Nutritional Value (USDA regulation 7CFR 210 and 220) will not be available anytime during the school day.
- Items will provide < 250 calories per serving.
- At least 50% of grains offered will be whole grain.
- Contain < 35% of calories from total fat (excluding nuts, seeds, nut butters, and reduced fat cheeses).
- Contain <10% of calories from saturated fat (excluding reduced fat cheeses).
- Contain <35% sugar by weight (excluding naturally occurring sugars and low fat yogurts).
- Not contain sugar as the first ingredient.
- Provide minimal to no trans fatty acids.
- Not be fried

Vending for elementary students must only offer selections from this list:

- fruits
- vegetables
- yogurts, low-fat yogurts and reduced-fat cheeses

Fruits or vegetables will be available in at least one food vending area, and in all vending areas where refrigerated vending is available.

Marketing, pricing and nutrition education strategies will be used to encourage the selection of foods meeting these standards.

**Source of
Competitive
Food**

**Vending
Beverages**

***75%
beverages can
refer to 75%
choices (each
flavor is a
choice) or 75%
slots in the
vending
machine.

Implemented by 2023-2024 School Year

Elementary vending may only contain the following beverages

- Plain water (any size)
- Flavored water with no sugars or artificial sweeteners (any size)
- 100% fruit and/or vegetable juice (8 oz. or less size)
- Milk (flavored or unflavored). At least 75% of milk offered must be***:
 - 2% fat or less
 - 8 oz. or less size
 - No more than 30 grams sugar per 8 oz. (As written on the Nutrition Facts Panel of the label)
 - No artificial sweeteners

For middle and high, at least 75% Beverages must be***:

- Plain water (any size)
- Flavored water with no sugars or artificial sweeteners (any size)
- Flavored water with artificial sweeteners (17 oz. or less size; may not make up more than 25% of water and juice selections)
- 100% fruit and/or vegetable juice (12 oz. or less size)
- Carbonated beverages with 70 -100% pure juice with no added ingredients except water (Must be exempted by USDA from being a Food of Minimal Nutritional Value (FMNV))
- Milk (flavored or unflavored). At least 75% of milk offered must be***:
 - 2% fat or less
 - 12 oz. or less size
 - No more than 30 grams sugar per 8 oz. (As written on the label)
 - No artificial sweeteners

Marketing, pricing, and nutrition education strategies will be used to encourage the selection of the beverages listed above.

The other 25% or less beverages **for middle and high** cannot exceed:

- 150 calories per package
- 35 grams sugar per package

No carbonated beverages unless exempted by USDA from being a FMNV.

**Source of
Competitive
Food**

**Fundraisers
(non-vending)**

Implemented by 2023-2024 School Year

All food items sold as fundraisers on school property and available for sale during the school day must meet the guidelines below and will be reviewed by the principal of the school. Any fundraising group will receive a list of fundraising foods that meet these guidelines prior to the commencement of the fundraiser. The school food service director shall assist the principal in determining the suitability of fundraising items in accordance with the guidelines.

- Items will provide < 250 calories per serving.
- Packages will be in single serving sizes.
- Foods of Minimal Nutritional Value (USDA regulation 7CFR 210 and 220) will not be available anytime during the school day.
- Total fat will be <35% of the total calories (excluding nuts, seeds, nut butters and reduced fat cheeses)
- Saturated fat will be < 10% of the total calories.
- Sugar content will be < 35% by weight (excluding naturally occurring sugars and low fat yogurts) and added sugar will not be listed as the first ingredient.
- Items will contain minimal to no trans fatty acid.

Food items will be available no earlier than 30 minutes after the last meal period of the day.

Alternate revenue generating sources will be developed. Following are resources:

www.kidseatwell.org/flyers/twentywaystoraisefunds.pdf;
http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Healthy_Fundraising_Color.PDF.

**Source of
Competitive
Food**

**Classroom
Parties/
Holiday
Celebrations**

Implemented by 2023-2024 School Year

Classroom parties will offer minimal amount of foods (maximum 2-3 items) that contain added sugar as the first ingredient and will provide the following:

- Fresh fruits and vegetables.
- Water, 100% fruit juice or milk.

In addition, Food Service Departments will offer party lists/menus that include food and beverage choices that:

- Are moderate in sodium content.
- Provide minimal to no trans fatty acids.
- Provide items that contain > 2 grams of fiber/serving.
- Offer fresh fruits and vegetables.
- Offer water, 100% fruit juice or milk as the beverage choices.
- Do not offer any Foods of Minimal Nutritional Value (USDA regulation 7CFR 210 and 220).

Parents and teachers will be encouraged to purchase foods and beverages from this menu of items.

**Source of
Competitive**

**Food
Rewards**

Implemented by 2023-2024 School Year

Food will not be used as a reward for classroom or school activities unless the reward is an activity that promotes a positive nutrition message (ie, guest chef, field trip to a farm or farmers market, etc.).

Alternate ideas can be found at:

www.cspinet.org/nutritionpolicy/constructive_rewards.pdf.
http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Food_As_Reward_HO1.pdf.

**Foods from
Home**

Parents/caregivers will be encouraged to promote their child's participation in the school meals programs. If their child does not participate in the school meals programs, parents/caregivers will be encouraged to provide a healthy alternative.

All nutrition standards will be explained to parents/caregivers. They will continuously be provided with nutrition education and encouraged to comply with the nutrition policies to the best of their ability and knowledge. Examples of nutrition education outreach include newsletters, open houses, back to school nights, family nights, etc.

**Source of
Competitive
Food**

**School Stores-
Foods/Snacks**

Implemented by 2023-2024 School Year

The following standards apply to all foods sold in school stores.

- Packages will be in single serving sizes.
- Foods of Minimal Nutritional Value (USDA regulation 7CFR 210 and 220) will not be available anytime during the school day.
- Items will provide < 250 calories per serving.
- At least 50% of grains offered will be whole grains.
- Contain < 35% of calories from total fat (excluding nuts, seeds, nut butters, and reduced fat cheeses).
- Contain <10% of calories from saturated fat (excluding reduced fat cheeses).
- Contain <35% sugar by weight (excluding naturally occurring sugars and low fat yogurts).
- Not contain sugar as the first ingredient.
- Provide minimal to no trans fatty acids.
- Not be fried

Marketing, pricing and nutrition education strategies will be used to encourage the selection of foods meeting these standards.

School stores will not sell food until 30 minutes after the last meal period of the day.

**Source of
Competitive
Food**

**School Stores-
Beverages**

***75%
beverages can
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sleeves or
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- 100% fruit and/or vegetable juice (8 oz. or less size for elementary; 12 oz. or less size for middle/high)
- Carbonated beverages with 70 -100% pure juice with no added ingredients except water (Must be exempted by USDA from being a Food of Minimal Nutritional Value (FMNV))
- Milk (flavored or unflavored). At least 75% of milk offered must be***:
 - 2% fat or less
 - 8 oz. or less size for elementary;
 - 12 oz. or less size for middle/high
 - No more than 30 grams sugar per 8 oz. (As written on the Nutrition Facts Panel of the label)
 - No artificial sweeteners

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**Source of
Competitive
Food**

**Faculty
Lounges**

Implemented by 2023-2024 School Year

Faculty is encouraged to set the example for students. Students are not likely to believe that nutrition policies are beneficial if they see faculty consuming foods and beverages that do not align with the school policy.

Other

Vegetarian Options-Students will be surveyed yearly for their interest in vegetarian entrees as part of the reimbursable meal or a la carte offerings. If interest is indicated, efforts should be made to include appealing vegetarian choices.

Student Input-Students will be an active part of menu planning in conjunction with the director of food services.

Pennsylvania Department of Education, Division of Food and Nutrition.
Revised July 2008